

# AyurvedaNews

**Chakrapani Ayurveda Clinic & Research Center**  
**Chakrapani Global Center for Training & Research in Ayurveda**

**November 11' 2003**

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## About the AyurvedaNews:

AyurvedaNews is an optional fortnightly newsletter available to those who have visited our web sites and contacted us for free consultation and free constitution analysis or who have subscribed to this newsletter through our sites. Our sites: <http://chakrapaniayurveda.com>, <http://AyurvedaHelpline.com>, <http://LearnAyurveda.com> and <http://garrysun.com> contain only the best and most pertinent material on Ayurveda and Holistic systems of medicine. This newsletter focuses on improving and popularizing Ayurveda and all the holistic systems of medicine.

## This Issue's Quote:

"Ayurveda" that is named the science of life wherein are laid down the good and the bad life, the happy and the unhappy life, and what is wholesome and unwholesome in relation to life, as also the measure of life.

- Charaka Samhita, Sutra Sthana, Chapter 1 (41)

## Testimonial on our Online Courses:

"Dear Dr Shakuntala, I am very happy about your [ICA](#). This course gave me the opportunities to have an overview of Ayurveda and gave me the possibilities to understand better other texts that I read about this so interesting matter. I want to learn more and I am just thinking to attend an other course. When could I make my subscription for an other course, for example [CAO](#)? Thank you very very much for your special help. Best Regards.

- Laura, Italy

(Thanks Laura for great words) - Kindly visit <http://LearnAyurveda.com> for more details on our online courses & training programs

## Editor's Note:

The today's feature article entitled "The Use of Honey and Cinnamon for primary health care" is very useful collection of knowledge sent by Mr. Raju Patel from Gujarat, India. We are thankful to him for this contribution.

We have hundreds of subscribers on our database who are Ayurveda practitioners, health professionals or who work in the area of holistic health. We, at AyurvedaNews, invite all you practitioners to send us your articles. Your experience, insight and knowledge will benefit people world wide to learn about and understand their bodies, minds and spirits, thereby helping themselves into the state of well-being.

We are thankful to Gilgi Hauser for helping us edit this issue of AyurvedaNews. Do enjoy reading AyurvedaNews. Each issue contains new information and new articles.

We invite your views and ideas on the subject matter and content of our feature articles. Our wish is to help you and for this we need your input to help us to serve you. So please keep us posted with your views, ideas and preferences.

## The Use of Honey and Cinnamon as a Medication : Contributed by Raju Patel and edited by Gilgi Hauser

Ayurvedic as well as Yunani medicine have been using honey as a vital medicine for centuries.

Today's western scientists also accept honey as a "Ram Ban" (very effective) medicine for all kinds of diseases without producing any side effects. Today, honey is produced in most of the countries of the world and is therefore available worldwide. Modern science maintains that although honey is sweet, if ingested in the right dosages as a medication, diabetic patients will also be able to intake it.

According to Ayurvedic medicine, a mixture of Honey and Cinnamon can be beneficial to many ailments and diseases and on 17<sup>th</sup> January 1995, 'Weekly World News' - Canada, published a list of ailments/diseases that can be helped / treated with a Honey/Cinnamon mixture. Some of the important details of that information are as below:

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#### HEART DISEASES

Make a paste of honey and cinnamon powder, spread it on bread or chapatti instead of jelly and jam and eat it regularly for breakfast. This can help to reduce the cholesterol in the arteries and maybe reduce the possibility of a heart patient from suffering a heart attack. Patients, who have already suffered attacks, are also advised to ingest the honey/cinnamon mixture to ward off further attacks.

Regular use of the mixture relieves loss of breath and strengthens the heartbeat. In USA and Canada, various nursing homes have treated patients successfully and have found that due to increasing age, the arteries and veins, which lose their flexibility and become clogged, are revitalized.

#### ARTHRITIS

Mix one part honey to two parts of lukewarm water and add a small level teaspoon of cinnamon powder. Make a paste and massage slowly onto the itching area of the body. It has been found that the pain can recede within a minute or two. Arthritic patients can also benefit from the daily intake morning and evening, of one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder mixed together. In a recent research program conducted at Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon honey and half a teaspoon cinnamon powder before breakfast; within a week, out of 200 patients who underwent the treatment, 73 patients were relieved of pain, and within a month most of the patients who could not walk or who had limited mobility due to their arthritis, started walking without pain.

#### HAIR LOSS

For people suffering from hair loss or baldness the following paste has been found to be effective: In warm olive oil, mix one tablespoon of honey, one teaspoon cinnamon powder, make a paste and apply before taking a bath. Leave on the scalp /hair for around 5 —15 minutes, and then wash the hair.

#### BLADDER INFECTIONS

Stir two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and ingest. This can destroy the bacteria in the bladder that are the cause of the infection.

#### TOOTHACHE

Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply to the aching tooth. This may be applied 3 times a day until the tooth stops aching.

#### CHOLESTEROL

Two tablespoons of honey and three teaspoons of cinnamon powder mixed into 16 ounces of tea water, can aid in the reduction of cholesterol levels in the blood by 10% within a two hour period. As mentioned above for arthritic patients, if this mixture is ingested 3 times day, chronic cholesterol can be lowered. Pure honey, also ingested daily without cinnamon, taken together with food, is an aid in lowering cholesterol levels.

#### COLDS

Those suffering from common or severe colds should take one tablespoon lukewarm honey mixed with 1/4 spoon cinnamon powder daily for 3 days. This will cure most chronic coughs, colds and clear the sinuses.

#### INFERTILITY

Yunani and Ayurvedic medicine have been using honey for thousands of years to strengthen the semen of men and improve impotence. Through the regular ingestion of two tablespoons of honey, prior to sleep, impotence can be greatly reduced. In China, Japan and Far-Eastern countries, women, who do not conceive and need to strengthen the uterus, have been taking cinnamon powder for centuries. Women, who are unable to conceive, may take a pinch of cinnamon powder in half teaspoon of honey and apply it on the gums frequently throughout the day, so that it slowly mixes with the saliva and can therefore enter the body. There is a story about a couple in Maryland, USA who were unable to produce children for 14 years and had lost hope of having a child of their own. When told about the honey cinnamon mixture both the husband and wife started ingesting the mixture and the wife conceived after a few months, giving birth to healthy twins.

#### UPSET STOMACH

Honey taken with cinnamon powder cures stomachache and can also clear stomach ulcers.

#### GAS

According to studies done in India & Japan, honey, taken together with cinnamon powder can relieve the stomach of gas.

#### IMMUNE SYSTEM

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

**INDIGESTION** Cinnamon powder sprinkled onto two tablespoons of honey taken before eating, relieves acidity and aids in the digestion of the heaviest of meals.

**INFLUENZA** A scientist in Spain has proven that honey contains a natural ingredient, which kills influenza germs.

#### LONGEVITY

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take 4 spoons of honey, 1 spoon of cinnamon powder and 3 cups of water and boil as if making tea. Drink 1/4cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increases and even a 100 year old, starts performing the chores of a 20-year-old.

#### PIMPLES

Make a paste from three tablespoons of honey and one teaspoon of cinnamon powder. Apply this paste on the pimples before sleep and wash it off the next morning with warm water. If applied daily for two weeks, the paste can remove pimples.

#### SKIN INFECTIONS

Applying honey and cinnamon powder in equal parts on the affected parts can cure eczema, ringworm and all types of skin infections.

#### WEIGHT LOSS

Drink daily in the morning on an empty stomach, 1/2hour before breakfast and at night before sleeping, a honey and cinnamon powder mixture boiled in one cup of water. If taken regularly, it is said to reduce the weight of even the most obese person. Also by drinking this mixture regularly, fat does not accumulate in the body even though the person maybe eating a high calorie diet.

#### CANCER

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should take one tablespoon of honey with one teaspoon of cinnamon powder, 3 times a day for one month.

#### FATIGUE

Recent studies have shown that the sugar content of honey is more helpful than detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Half a tablespoon of honey stirred into in a glass of water and sprinkled with cinnamon powder, taken daily in the afternoon at about 3.00PM when the vitality of the body starts to decrease, can help the body to have more vitality within a week.

#### BAD BREATH

In order to maintain fresh breath throughout the day, the people of South America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing upon awakening.

#### HEARING LOSS

Taken daily, morning and evening, honey and cinnamon powder taken in equal parts can restore hearing.

### Best Ayurveda Products from Chakrapani's:

[Rasayanaprash](#) a 100% natural immunity promoter that provides inner strength of body and mind.

[Ashwagandha Bru](#) a 100% natural and caffeine free beverage for strength and vigor.

[Memory Enhancer Bru](#) a 100% natural and caffeine free beverage for memory enhancement.

[Herbal Face Pack](#) a 100% natural formula for face care.

[Herbal Revitalizing Cleanser](#) a 100% natural formula for skin care.

[Herbal Hair Conditioner](#) a 100% natural formula for hair care.

### Interesting Health News: Eat Those Fruit and Veggies for a Long Life Span

RIO DE JANEIRO, BRAZIL, November 10, 2003: Consuming at least 400 grams of fruit and vegetables each day will ward off heart disease, cancer, Type 2 diabetes and obesity. This statement appeared recently in a published report presented by the World Health Organization and the Food and Agriculture Organization's Food and Nutrition Division. World Health Organization Director Pekka Ruskka reiterates, "There is strong and growing evidence that sufficient consumption of fruits and vegetables helps prevent many diseases and promotes good health, but large parts of the world's population consume too little of these." The article says that both United Nation Agencies, the WHO and the FAO, emphasize that inadequate consumption of fruits and vegetables is estimated to cause some 2.7 million deaths worldwide each year.

Source - <http://www.rediff.com/news/2003/nov/10un.htm>

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Sincerely,

The AyurvedaNews Team

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